

## Nevada Early Intervention Winter-Spring Family Newsletter

March - April 2017 Volume 7 No 2

### Message from Part C's State Family Resource Coordinator, Information & Referral...

Dear Parents/Families,

Nevada's Early Intervention Interagency Coordinating Council (ICC) brings policy makers, service providers, and parents together. It advises and assists Nevada in the development and implementation of a statewide system of early intervention services for young children with developmental delays or disabilities and their families. **Part C** of the law, *Individuals with Disabilities Education Act* (IDEA), requires each State to have an Interagency Coordinating Council (ICC).

### MEETING NOTICE

#### NEVADA EARLY INTERVENTION INTERAGENCY COORDINATING COUNCIL (ICC)

Date and Time of Meeting: **Thursday, April 27, at 9:30 a.m.**

This annual face-to-face meeting will be in **Reno**. No Videoconferencing will be offered for this meeting.

- **Reno:** Nevada Early Intervention Services Conference Room  
2667 Enterprise, Reno, NV

Check the link below for updates or changes as well as meeting agendas and minutes: <http://dhhs.nv.gov/Programs/IDEA/ICC/Meetings/>

**It is especially important to hear from families and I encourage you to participate.** If you would like more information about meetings or how to submit public comments, please contact us at [ProjectAssist@dhhs.nv.gov](mailto:ProjectAssist@dhhs.nv.gov) or call Dan Dinnell at Project ASSIST toll free 1-800-522-0066.

**Web:** <http://dhhs.nv.gov/Programs/IDEA/ProjectASSIST>

**More about the ICC**—The IDEA law, Part C, determines who can serve on each state's ICC. Membership includes representatives from public or private providers of early intervention services, members of state agencies involved in the provision of, or payment for, early intervention services who have sufficient authority to engage in policy making, State Department of Education personnel responsible for preschool services to children with disabilities, Head Start, State Legislators, University or college system, child care, and other members selected by the Governor, with at least 20% made up of parents of children with special needs. The parents on the ICC bring their real life experience to the table and those who provide the services provide expertise on how systems work and how to accomplish the tasks of the ICC. Working together as a team makes the ICC an asset in the planning and advocacy for a statewide coordinated and comprehensive system of services and supports in early intervention. For more information — <http://ectacenter.org/topics/intercoord/icc.asp>

The ICC bylaws and membership can be viewed at <http://dhhs.nv.gov/Programs/IDEA/ICC/Home/>, under **"Who is on the ICC?"**, click on **Current Membership**.

The State Treasurer's Office launched **Nevada's ABLE ("Achieving a Better Life Experience") Act**. The ABLE Act program allows all eligible Nevadans with disabilities to create a special savings account for many personal expenses aimed at making their lives easier. These assets (subject to certain limitations) will be exempt from the means-tested Medicaid or Supplemental Security Income programs. For more information about the ABLE Act, contact the Aging and Disability Services Division at (888) 729-0571, or go to <http://adsd.nv.gov/Programs/Physical/ABLE/ABLE/>.



Cheryl, Eric, and Dan

#### NEVADA's EARLY INTERVENTION SERVICES

#### IDEA Part C Office

4126 Technology Way, Suite 100

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Office: (775) 687-0587

Project ASSIST

**1-800-522-0066**

[ProjectAssist@dhhs.nv.gov](mailto:ProjectAssist@dhhs.nv.gov)

To receive the newsletter electronically and to make sure you don't miss out on useful information, contact us!

Please enjoy the stories shared of families who have "been there and done that!" — See pages 2 & 3

# Been there, done that!



"Being a member of Nevada's Early Intervention INTERAGENCY COORDINATING COUNCIL (ICC) and representing parents across Nevada has given me great insight on the perspectives of the individuals that have dedicated their lives to providing children with quality care. This has helped me by having open relationships with care providers and giving me confidence to be able to ask any question, knowing that they truly want to help." — Christine Riggi, ICC Parent Representative-Northwestern Nevada

"Serving as a parent representative and member of the ICC was an abstract thought in 2014. Fast forward to 2017 after 2 1/2 years of service as a parent representative and the thoughts are concrete. My service as an ICC member has allowed me to expand my leadership skills but, more importantly, it has further honed my advocacy skills by allowing me to interface with professionals as well as other parents. Spending concentrated time with other advocates has given me tools that I can utilize for my family as well as for others. I am grateful for the opportunity to serve as a parent representative on the ICC." — Alisa Koot, ICC Parent Representative-Southern Nevada



I became a parent rep on the ICC to advocate for Nevada families with the mindset that I would be advocating based on my prior experiences in the system. I thought that I'd simply share the issues, concerns and challenges that my own family faced, in hopes to improve the process for others. Though I did that, I have grown much more as an advocate since joining the ICC. I've realized that my voice is much stronger now and I am much more actively involved in voicing my opinions at public hearings and to legislators and others. Parents are the most knowledgeable resource for legislators yet often the least utilized. My advocacy also motivated me to return to school to get a Masters degree in special education. Now, I am helping children and families directly in the classroom. I started the ICC with the thought that I'd be helping others but realized that it has helped me grow exponentially as a parent and community member." — Lori O'Leary, ICC Parent Representative-Northwestern Nevada

If you are interested in volunteer activities, where you can receive knowledge, share information, gain skills and experience in advocating for others and your family, the NEVADA EARLY INTERVENTION INTERAGENCY COORDINATING COUNCIL (ICC) has a permanent **FAMILY SUPPORT RESOURCE SUBCOMMITTEE (FSRS)** that can always use parents and others who have a passion for supporting early intervention. For more information email [ProjectAssist@dhhs.nv.gov](mailto:ProjectAssist@dhhs.nv.gov) or call 1-800-522-0066



## More Resources... More Information... More Opportunities...



"I would compare my membership on Nevada's Early Intervention INTERAGENCY COORDINATING COUNCIL (ICC) to the African proverb, 'It takes a village to raise a child'. The ICC is part of my "village" of knowledge and experience. I learn from them and they learn from me. Together our goal is to help children and families build strong, functional, happy, healthy villages." — Janina Easley, ICC Parent Representative-Northeastern Nevada

"It has been a pleasure being a part of the ICC. Being a parent and a member of the ICC Committee has really educated me. This experience has helped me and others to advocate for our children with disabilities. As a parent we are the most important advocate for our children. I would highly recommend that parents get involved with the ICC and/or its subcommittees." — Lisa Cridland, ICC Parent Representative-Southern Nevada



"The greatest skill I have learned as parent rep on the ICC, is the power of asking. Though I've been serving on the council for three years, I never once thought to ask to put something on the agenda. I never thought to ask to attend a conference unless it was offered. I never felt like an equal stakeholder on the council and I never knew that I was a stakeholder. The quote, "If you don't ask, you don't get," seems so cliché and simple, and yet, it is so daunting. So I urge us all to ask. Ask to be on a council. Ask for evaluations for your child. Ask for second opinions. Ask how you can advocate. Ask how you can get involved. We need more parents on councils asking for the things we and our children need. And we all have different needs. We come from different cultural backgrounds, have different disabilities, different experiences with the system. Lastly, if you are not able to serve on a board, the other important thing I've learned while being on the ICC is this wonderful and underused thing called 'public comment'. That means that anyone, yes anyone, can come to an ICC meeting and speak during this time, though you have to fill out a card. Nothing can be acted on, but your voice will be heard. And we are lacking the voices of so many families. So please. Please ask. It's your right." — Aimee Hadleigh, ICC Parent Representative-Northwestern Nevada



### The Early Childhood Technical Assistance (ECTA) Center—**Family-Centered Principles and Practices**

Family-Centered Principles are a set of interconnected beliefs and attitudes that shape directions of program philosophy and behavior of personnel as they organize and deliver services to children and families. Core to family-centered services is sensitivity and respect for the culture and values of individual family members and each family's ecology, as members define the people, activities and beliefs important to them. This page, <http://ectacenter.org/topics/families/famctrprin.asp>, presents an overview of family-centered principles and practices. It also contains links to resources that illustrate family-centered practice.

## More Resources... More Information... More Opportunities...

**Respite**— According to a report from the US Health Resources and Services Administration, 14 to 19 percent of U.S. children have a chronic physical, developmental, behavioral or emotional conditions (*Health Resources and Services Administration (HRSA), 2011*).

An estimated 16.8 million unpaid caregivers provide care to a child with special needs under the age of 18 in the U.S. and among family caregivers of children under 18, 81% do not use respite (*National Alliance for Caregiving (NAC) and AARP, 2009*).

Without this home-care, many of these loved ones would require permanent placement in institutions or health care facilities. The value of the services family caregivers [for all ages] provide for "free" is estimated to be over \$450 billion a year. That is more than twice as much as is spent on homecare and nursing home services combined, estimated at \$158 billion. (*AARP Public Policy Institute Report, 2011*)

### **Respite— A "short break" from the need of caring for someone. . .**

Caring for someone with a disability can take tremendous amount of energy and focus. Despite their love and best efforts, parents and family members can become exhausted. Respite care is designed to give breaks both to families and to children themselves. Respite care can range from a few hours of care provided on a one-time basis to overnight or extended care sessions.

Many programs are "**Respite Voucher Programs**" in which families use reimbursable vouchers to select their own choice of a respite care provider based on their unique needs for their children with disabilities, and the programs have requirements to be met as well. The family pays the Respite Provider and then files for reimbursement. *Ask your service coordinator for help in finding more information about RESPITE!*

The following are state agencies that serve individuals with developmental disabilities and related conditions and their families, and offer a "Respite Voucher Program":

1. **Desert Regional Center (DRC)** covers Clark County area – 5550 W. Flamingo Road, Suite B5, Las Vegas, NV 89103 Intake: (702) 486-7850
2. **Rural Regional Center (RRC)** covers Nevada rural statewide – 1665 Old Hot Springs Road, #157, Carson City, Nevada 89706 Intake: (775) 687-5162
3. **Sierra Regional Center (SRC)** covers Washoe County area – 605 S. 21st Street, Sparks, NV 89431 Intake: (775) 688-1930

### **Easter Seals Nevada—Family Respite Voucher Reimbursement Program**

Easter Seals Nevada makes much needed respite care possible for the families of individuals with disabilities using a simple voucher-reimbursement system. An approved family receives vouchers from Easter Seals for a specified dollar amount; it is the responsibility of the family to locate and arrange for services. Las Vegas—Phone: (702) 870-7050

<http://www.easterseals.com/nevada/our-programs/childrens-services/family-respite.html>

One of several on-line resources for services is called **Care.com** with hundreds of listings...

Find special needs care providers & more!

- Mom-reviewed caregivers
- Background checks
- Access to references

Check the section for Children and Special Needs Care and search for caregivers in your zip code area. <http://www.care.com/>

Northern Nevada RAVE has a *Respite Voucher Program* and *onsite respite* for young children. For more information regarding their respite care...

#### **RAVE Family Foundation (RAVE)**

P.O. Box 2072

Sparks, Nevada 89432

Phone: (775) 787-3520

Email: [RAVEcenter@att.net](mailto:RAVEcenter@att.net)

Web: <http://www.nnrff.org/home.html>



Vacation season is coming. . . **FREE** – All National Parks and Federal Recreational Lands Access Pass

**This is a lifetime pass for U.S. citizens (includes children)/permanent residents with permanent disabilities.** Documentation is needed to obtain the pass. The pass in most cases provides free access to, and use of, Federal recreation sites that charge an Entrance fee, as well as possible discounts on other fees. The pass admits the pass holder and passengers in a non-commercial vehicle at per vehicle fee areas, and pass holder + 3 others, not to exceed 4 adults, at per person fee areas. **The pass can only be obtained in person at the park or from a participating Federal recreation site or office.**

For more information, visit... <http://store.usgs.gov/pass/access.html>



— For Families & Professionals —

**EARLY CHILDHOOD SPECIAL EDUCATION LIBRARY**

*There are a great many things to learn... check them out!!!*

**Feeding Challenges in Young Children: Strategies and Specialized Interventions for Success (CD-ROM included)** — Provides specific, practical, research-based guidance on resolving a wide range of feeding issues.

**That's My Child: Strategies for Parents of Children with Disabilities** — This book explores the different sources of formal and informal supports available. Includes information on organizations, legal rights, special education, recreational activities, day care, and many other topics.

**Families, Professionals, and Exceptionality: Positive Outcomes Through Partnerships and Trust** — A practical look at how teachers and families can empower, collaborate, and advocate for children with special needs.

**A Different Kind of Perfect: Writings by Parents on Raising a Child with Special Needs** — The writings collected here are grouped into chapters reflecting the progressive stages of many parents' emotional journeys, starting with grief, denial, and anger and moving towards acceptance, empowerment, laughter, and even joy.

**The Common Sense Guide to Your Child's Special Needs: When to Worry, When to Wait, What to Do** — If you have a child who is not meeting her/his developmental milestones, Dr. Pellegrino clearly explains to parents what are the next steps to take. – Section 1 entitled "Understanding Your Child," goes into details about common areas of concern – Section 2 entitled "Special Children, Special Needs," focuses on hearing, vision, and sensory problems. Also a chapter on Special Medical Problems.

**A Child with Special Needs (DVD)** — This DVD provides information on: What to do when you find out that your child has a special need; Moving from confusion and grief to acceptance and empowerment; Finding answers and getting help; Speaking up as your child's best advocate; The importance of looking beyond the diagnosis; and, Focusing on your child's unique strengths.

**Unexpected Journey: When Special Needs Change Our Course** — A comprehensive resource for families confronted with the challenge of special needs. With honesty and sensitivity it offers practical encouragement from parents who have been there.

**Views from our Shoes: Growing up with a Brother or Sister with Special Needs** — 45 brief essays by children and young adults who have a sibling with special needs. The writings are arranged in chronological order, from that of a 4 year old to an 18 year old.

**On Becoming a Special Parent: A Mini Support Group in a Book** — This revised and updated version is a great resource for general information, practical organization information and benefits.

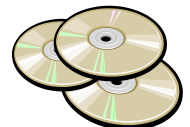
**Parenting Children With Health Issues: Essential Tools, Tips and Tactics for Raising Kids With Chronic Illness, Medical Conditions and Special Healthcare Needs** — Get practical and compassionate answers to your toughest questions as you discover effective ways to communicate about medical issues with children of all ages.

**Building a Joyful Life with your Child who has Special Needs** — Considers the challenges of caring for children with physical, developmental and mental health disorders and proposes methods such as learning to see events through your child's own eyes, celebrating their strengths and achievements and recognizing how others can help your child.

**The Elephant in the Playroom** — Moms and dads from across the country lay bare the emotional, medical, and social challenges they face, their stories address issues ranging from if and when to medicate a child, to how to get a child who is overly sensitive to the texture of food to eat lunch.

**Understanding Your Special Needs Grandchild** — special resource offers grandparents the information they need to realize the valuable role they play in the lives of their grandchild, giving advice on how they can offer support to better their grandchild's self-esteem and quality of life in school, at home, and with others.

With hundreds of books and DVDs available for use statewide, contact your service provider or coordinator. If you have questions or recommendations for the Library, send an email to [ProjectAssist@dhhs.nv.gov](mailto:ProjectAssist@dhhs.nv.gov)



**Catalog at:** <http://dhhs.nv.gov/Programs/IDEA/ProjectASSIST/Special-Ed-Library/>



EI program information > [http://dhhs.nv.gov/Programs/IDEA/Early\\_Intervention\\_Programs/](http://dhhs.nv.gov/Programs/IDEA/Early_Intervention_Programs/)

**NORTHEASTERN NEVADA EARLY INTERVENTION SERVICES**

\* contact your Developmental Specialist/Service Coordinator for more information

**NORTHWESTERN NEVADA EARLY INTERVENTION SERVICES**

\* contact your Developmental Specialist/Service Coordinator for more information

⇒ **Advanced Pediatric Therapies—Reno:**

- **Community Play groups** every 2nd & 4th Friday, of each month. Lots of fun games and activities for the kids. For more information: 775-825-4744.

⇒ **Nevada Early Intervention Services—Reno:**

- **Family TIES** provides family support in filling out **Medicaid/SSI and other Social Services applications** every 2<sup>nd</sup> Monday from 10am-12noon at NEIS, by RSVP only! Call to RSVP: 775-823-9500
- **Friends of Special Children** - This non-profit has supported families at NEIS in so many ways both financially and physically. If you are interested, contact Gretchen Canepa at 688-0303 or [GCanepa@adsd.nv.gov](mailto:GCanepa@adsd.nv.gov).
- **NEVADA Hands and Voices** meets at NEIS, usually the 3<sup>rd</sup> Thursday of every other month on the "odd" months, at 6:00 pm. Contact: 775-351-1959, or email: [info@nvhandsandvoices.org](mailto:info@nvhandsandvoices.org)

⇒ **Therapy Management Group (TMG)—Reno:**

- **Inclusive Developmental Play Group** at Early Head Start. Call Melissa McGovern at: 775-525-4072.

⇒ **The Continuum—Reno:**

- **Carousel Kids** is an inclusive childcare program. We also offer an intergenerational experience with elders from our onsite adult day program. For more information or to schedule a tour, phone: 775-829-4700.
- **Literacy Land**—FREE! Gently used books for children birth-5 years. Or donate to our lending library. Meet, mingle, borrow, share, read, enjoy with your friends at the Continuum! Also, look for our collection bins around town! For further information, please call the Continuum's Early Intervention department at (775) 221-8054 or email at [info@continuumreno.com](mailto:info@continuumreno.com). Visit us at [continuumreno.com](http://continuumreno.com)

**SOUTHERN NEVADA EARLY INTERVENTION SERVICES**

\* contact your Developmental Specialist/Service Coordinator for more information

⇒ **Easter Seals Nevada—Las Vegas:**

- **Playgroups** on Fridays. Come Join the Fun! Call Jessica Hartley at: 702-329-0345

⇒ **ISS Baby Steps—Las Vegas:**

- **Inspired Discoveries Playgroup** welcomes children 0-3 years old in an inclusive setting. Please join in our fun adventure! Call: 702-586-3100

⇒ **Nevada Early Intervention Services—Las Vegas:**

- **Explore & Learn Developmental Playgroups in Las Vegas, North Las Vegas and Henderson**—Inclusive community playgroups for infants and toddlers with diverse abilities to support child development. Interested NEIS families may contact their Developmental Specialist.
- **Sign Language class at University Medical Center (UMC)**—NEIS staff provide this bi-weekly parent education class on communication skills using sign language to promote understanding between toddlers and their families. All members of the family are welcome to attend. Interested NEIS families may contact their Developmental Specialist.
- **Annual NEIS Bunny Hop**, Friday, April 7, 2017, 10 am to 1 pm at NEIS South. Fun, informative activities, including a community resource fair, parent education through interactive games, and Spring-themed treats.
- **The Springs Preserve**, Wednesday, April 19, 10 am to 2 pm. NEIS-South will join community vendors in providing health information to Women, Infants & Children (WIC) participants in this annual event. For more information contact Kameron Klein at Email: [Kameron.klein@dignityhealth.org](mailto:Kameron.klein@dignityhealth.org)

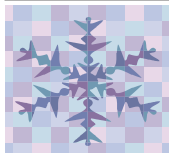
⇒ **Positively Kids—Las Vegas:**

- **Developmental playgroup** at the Cambridge Center every Tuesday, at 9:30am. Parents and children socialize and share strategies that encourage learning. If you are interested, please contact your Developmental Specialist.

⇒ **Therapy Management Group (TMG)—Las Vegas:**

- **Milagros Escondidos** family support group, last Thursday of the month, starts at 6:30pm, at East Las Vegas Community Center located at 250 N. Eastern Ave.
- **Inclusive Developmental Playgroups**. Thursdays at Family to Family & UNLV Preschool. Contact Robbi Lucero at: 702-335-1666 or [rlucero@tmgnv.com](mailto:rlucero@tmgnv.com)

The Early Intervention Family Newsletter has opportunities to suggest and share... You are invited to submit articles, share your story, or include your child in a Family Spotlight, with a photo. (Subject to review & editing.)



**Nevada's Central Directory** website, filled with information and resources, includes a "Links" page with all kinds of useful local, state, and national websites.

<http://dhhs.nv.gov/Programs/IDEA/ProjectASSIST>

